



Dr. Peter Georgiou, CCSP
Clinic Director
Doctor of Chiropractic Medicine
Chiropractic Sports Physician



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ASK THE

My mom was recently diagnosed with osteoporosis. I'm in my 30s, but do I need to start thinking about my bone health now?



Andrew Bunta, MD

Bones are living organisms like any other organ, so bone health is just as important now as it will be later in your life. Most people reach their peak bone mass by early adulthood. After this stage, the body breaks down more bone than it naturally creates within the body. By eating healthy, getting enough calcium and vitamin D, regularly partaking in weight bearing exercises and avoiding smoking and excessive alcohol use, young and middle aged adults can enhance their bone health and greatly decrease their risk of osteoporosis and associated fractures. Family history plays an important role in the development of osteoporosis, so it is important to start thinking now about ways to improve your bone health and strength.

Andrew Bunta, MD, Northwestern Memorial Hospital Department of Orthopedic Surgery

Are there specific foods I should eat or avoid eating in order to avoid bloat?



Dawn Jackson Blatner, RD

Foods that help decrease bloating and make your tummy feel flat include fennel seeds, ginger, parsley, peppermint, pineapple and yogurt with honey. In addition, follow these ban-the-bloat rules: First, eat meals slowly at about 30 minutes per meal. Second, chew all of your food until it is almost an applesauce-texture in your mouth. Third, avoid carbonated beverages, gum and sugar-free foods, because they cause bloating. Fourth, limit salt and high sodium, processed foods, because salt can make you feel puffy and water logged. Finally, drink at least nine glasses, or 72 ounces, of water daily to keep your digestion running smoothly and stay regular.

Dawn Jackson Blatner, RD, CSSD, Chicago Cubs Nutrition Consultant

What are possible causes of irregular uterine bleeding and how do you treat it?



Sondra Summers, MD

Irregular uterine bleeding includes heavy, erratic periods or bleeding not associated with a menstrual flow. It can be caused by hormonal imbalances found in thyroid disorders, perimenopausal changes and polycystic ovarian syndrome. Obese women are at a higher risk for these imbalances, because a woman's estrogen level increases with obesity and will increase chances for uterine cancer. Fibroid tumors, endometrial polyps and ovarian cysts also can lead to an irregular menstrual flow. There also is a benign condition known as adenomyosis, which occurs when endometrial tissue resides in the muscle wall of the uterus. Options to treat irregular bleeding can include hormonal medications such as oral contraceptives. Women who have large or multiple fibroid tumors, polyps or ovarian cysts can undergo minimally invasive procedures to remove the growths through small or no incisions. Robotic surgery can be used to remove large fibroids or ovarian cysts through small abdominal incisions. Endometrial ablation is an outpatient procedure, which utilizes an energy source to destroy the lining of the uterus to decrease bleeding. This procedure should only be undertaken if there are no concerns for uterine cancer; it is not as effective if fibroid tumors or other growths are present.

Sondra Summers, MD, Director, Division of Benign Gynecology, Loyola University Health System

EXPERT

How does my fitness level affect my fertility?



Laurence A. Jacobs, MD

Obesity and low fitness levels decrease fertility potential. But, for overweight women, losing only 5 to 10 percent of body weight can dramatically increase pregnancy rates for all treatments and even lead to spontaneous pregnancy. Extra weight is a large contributor to hormonal imbalances and abnormal endocrine function, disrupting regular ovulation. As a result, polycystic ovarian syndrome (PCOS) is common in overweight women. Ovulation disorders are the largest female infertility issue, but simple steps can help women normalize hormone function and resume ovulation. When figuring out where you stand in terms of fitness, first, combine height and weight data to determine your Body Mass Index. An ideal BMI ranges from 18.5 to 25, with overweight levels between 25.1 and 30, obesity beginning at 30.1. Exercising at least 30 minutes daily and consuming a healthy diet absent of trans and saturated fats can reduce weight and increase fitness levels, as well as fertility.

Laurence A. Jacobs, MD, Fertility Centers of Illinois

I'm confused by the different types of sunscreen on the market! How do I know what to look for and how often to reapply?



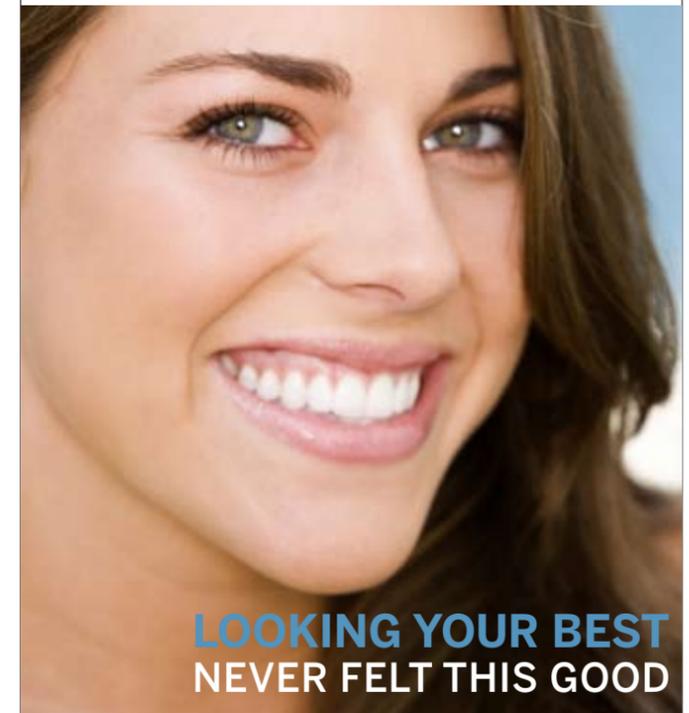
Jill Weinstein, MD

The American Academy of Dermatology recommends using a sunscreen of at least SPF30, which must be applied 30 minutes before going out into the sun and reapplied every two hours. Look for sunscreens labeled "broad spectrum" to protect from both UVA (associated with aging and melanoma) and UVB (associated with burning and non-melanoma skin cancer) rays. There are two basic types of sunscreen, which are both effective when used correctly. Mineral sunscreens such as zinc oxide and titanium dioxide physically block ultraviolet radiation like a shield; this type of sunscreen is best for children or those with sensitive skin. Chemical sunscreens contain ingredients that absorb ultraviolet radiation; the most effective chemicals include avobenzone and ecamsule. Most people don't apply enough sunscreen to achieve the full protection. One ounce (roughly the size of your palm) is the amount needed for an average adult with each application. No sunscreen is truly waterproof or sweat-proof, so always reapply after swimming or sweating.

Jill Weinstein, MD, Dermatologist, Northwestern Memorial Physicians Group

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